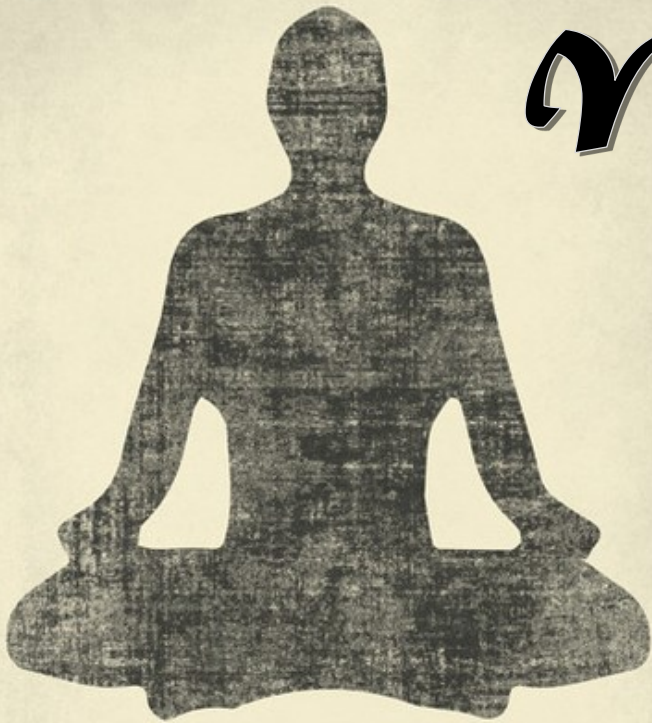


Meditation and Mindfulness



*A free 8-week series to
help you find the clarity
that allows you to reach
your highest potential
and self-actualization*

Tuesdays beginning September 13

7—8 pm

Waccamaw Library, 41 St. Paul Place

Presented by mindfulness
training coach Ken LaDeroute,
founder of Clarity Mind Institute
and Affirmation Music for Better
Outcomes. LaDeroute will share
the techniques that have made
him a successful coach with
clients around the world.



For more information, contact sbremner@gtcounty.org